



CORONADO ROTARY CLUB
**LOW TIDE
RIDE &
STRIDE**



Date: Sunday, June 24th @ 0715

What: The 8.2 mile course goes north along the ocean beachfront of the Silver Strand. This event is held at low tide on hard packed sand. Please indicate if you will: **BIKE, HANDCYCLE, or WALK/RUN.** If you are hand cycling, you must have your own hand cycle, capable of going on the sand.

Who: Patients & Family, as well as NMC Support Staff

Transportation: Can be provided if RSVP before deadline

Fees: Patients and Immediate Family Members: FREE
C-5 Support Staff (must partner with a Patient): FREE
All other NMC Staff/family members: \$30 and can register online at: <http://lowtiderideandstride.org>

**** Medical Clearance Required! ****

SIGN UP TODAY!

Deadline: Friday, June 15th



For more information, please contact ASY
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